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HOMEMAKERS' CHAT

Wednesday, June 22, 1938

(FOR BROADCAST USE ONLY)

Subject: "HOW TO WHIP CREAM." Information from the Bureau of Dairy Industry, and the Office of Experiment Stations, United States Department of Agriculture.

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Company for dinner and the cream won't whip! Guests at the door and dessert a failure! One of life's most difficult moments for any housewife. Or for any confectioner or baker who needs stiff whipped cream to decorate a cake, say.

To prevent such disappointments dairy scientists began some years ago to investigate cream and find out what makes whipping quality. Since then they have brought many a whipping secret to light--and saved no telling how many dinner parties.

Summer is a time when many housewives complain that the cream won't whip. And that brings up perhaps the most important point of all for whipping success--temperature. Cream must be thoroughly chilled to whip. Well, a large number of the complaints against whipping cream aren't the fault of the cream but of the housewife who has let the cream stand out in the warm kitchen before trying to whip it or hasn't given it a chance to get cold in the refrigerator. Egg whites whip best at room temperature, but cream whips best when very cold. The scientists advise keeping cream at a temperature as near 40 degrees as possible--that is, keep it just a little above freezing. And take it out of the refrigerator just before you whip it. Chill the bowl and beater, too, before whipping. You can put them in the refrigerator for half an hour or run cold water over them.

But let's go back to the laboratory a moment while I tell you what else the scientists discovered about whipping cream. The microscope showed them what causes cream to whip and hold its whip, showed them the clusters of fat globules that surround the little air cells as they are beaten into the cream--surround and hold in the air.

So for whipping, cream must contain enough fat--be thick enough or rich enough. Cream that contains 30 to 35 percent fat is ideal; it whips quickly and stiff, and it has very little milky drainage. You can depend on 30 to 35 percent cream to nearly double in volume when whipped. Cream that contains only 25 percent fat, and sometimes even less, will often whip, but not so well. Cream that has below 25 percent whips very slowly and does not hold its stiffness. Cream sold as "coffee cream" contains only 18 to 20 percent fat so is not a good buy for whipping.

So there are two points for successful whipping--have the cream cold enough and have it rich enough. The third point is to have the cream old enough. Those fat globules that hold in the air need time to gather and chill thoroughly. Cream improves with age, should stand at least 4 hours in a cold

6/22/38

place after separating or pasteurizing, but whips even better if it stands a day or two. Of course, if you buy your cream all bottled and marked for whipping, you won't have to bother about age. The dealer who sells the cream will see that it is old enough to whip.

Now a word about the beater and the bowl. A dover egg beater does a fairly good job with rich cream though it may spatter a good deal. But the turbine beater seems to work better when the cream is not quite so thick. Tests at the New York State Experiment Station showed that. The turbine beater, you know, has blades that revolve at the bottom of the bowl. It whips cream very rapidly--should make a cup of good cream as thick as you want it in 3 minutes. As for the bowl, one with a smooth rather flat bottom and tall sides is excellent for whipping. And once more, remember to have both bowl and beater cold.

Which reminds me of another point--this one a precaution. Be sure you stop whipping at the right time. An absent-minded cook may find that her cream has turned to butter while she has been beating and day-dreaming. Whipping is the first step in churning, you know. So too much whipping makes cream lumpy with milk draining from it.

Another point. Don't try to whip too much cream at once. Suit the amount of cream to the size of your bowl and beater. Remember that good cream doubles in volume when whipped. If you have a good deal to whip and only a small household beater, whip it on the instalment plan, a little at a time. You'll get better results that way and save time.

What about adding sugar? Does it make the cream harder to whip? Yes, a little. The scientists say that sugar cuts down the "whipping ability" somewhat--at least the amount of sugar necessary to sweeten the cream thoroughly. But good quality whipping cream will take about 3 tablespoons of sugar to a pint and still whip up stiff. You can add the sugar before or during beating. (The Massachusetts Experiment Station reports better results from adding sugar after the cream has started to whip.) You can use either granulated or powdered sugar. As for vanilla or other flavoring extract, that won't affect your whip one way or the other.

Listeners often ask whether they can add anything to make cream whip better. Some have heard that a little lemon juice or other acid will help. But the scientists say not--unless you add enough acid to sour the cream completely. They have tried adding gelatin, egg white, powdered and condensed milk and many other substances. All had some sort of disadvantage. Some even made the cream more difficult to whip. So, listener, better look to the quality of the cream itself for good whipping rather than any outside substance.

The secrets of whipping are out of the laboratory now and yours to make the most of. Once again, the best cream to whip is cold; has from 30 to 35 percent fat; is about 24 hours old. And for best success in whipping, have your bowl and beater cold; use a turbine beater; use only enough cream to fill less than half the bowl; and don't overwhip.
